



YOU ARE NOT ALONE

Domestic Violence and Dating Abuse Resource Guide
Information, Support and Resources to Use and Share



AVON
Foundation for Women



AGAINST
DOMESTIC
VIOLENCE



At the launch of the Global Partnership to End Violence Against Women in Washington DC in March, 2010, (from left) Alyse Nelson, President & Chief Executive Officer, Vital Voices; Suze Orman, Personal Finance Expert; Andra Jung, Avon Chairman and CEO; Reese Witherspoon, Avon Foundation for Women Honorary Chairperson; and Carol Kurzig, President of the Avon Foundation for Women.

"Nearly a billion women worldwide are affected by violence. 'Speak Out' is an important way for all women and men to take action and demonstrate solidarity to reduce the worldwide epidemic of violence against women. As Honorary Chair of the Avon Foundation, as a woman, and as a mother, I am proud and privileged to support this effort.

Known worldwide as a crusader for women's causes, the Avon Foundation has effected real change in the lives of women worldwide and in its commitment to raise lifesaving awareness and funds for critical issues such as breast cancer and domestic violence."

Reese Witherspoon
 Honorary Chairperson
 Avon Foundation for Women

Table of Contents

- 1 About Avon Foundation and Speak Out Against Domestic Violence
- 2 Avon Global Efforts to End Violence Against Women
- 3 What is Domestic Violence?
- 4 Warning Signs
- 5 Why Does the Victim Stay?
- 6 Planning for Safety
- 7 Children Affected by Domestic Violence and Resources
- 8 Dating Abuse and Warning Signs
- 9 What Parents Can Do To Help and Resources
- 10 Safety Tips for College Students
- 11 Statistics
- 12-13 Get Involved

Avon Foundation for Women



Founded in 1955, the Avon Foundation for Women is now the largest corporate-affiliated charity focused solely on causes that impact women and their families. Avon global philanthropy has raised and donated more than \$725 million, and today prioritizes support for breast cancer research and access to care and to end domestic and gender violence, touching lives across the country and around the world.

Speak Out Against Domestic Violence

AVON Foundation for Women
 Speak Out Against Domestic Violence was launched in 2004 because statistics show one in four women in the United States will be a victim of domestic abuse and violence.



The Avon Foundation provides financial support for awareness and education, as well as prevention and direct service programs, and has supported a wide range of agencies with a special focus on children who experience domestic violence in their homes.

Through 2009, over \$12 million has been awarded to more than 400 domestic violence organizations in the U.S. alone.

In addition to funding agencies working directly on domestic violence issues, the Avon Foundation's domestic violence public education efforts have included Public Service Advertisements in leading national magazines; a free educational DVD on recognizing, responding and providing referrals in family violence situations; and the distribution of more than 4 million free resource guides. Funds and awareness are also raised through the sale of special empowerment products by Avon Sales Representatives.

Although the Avon Foundation's mission is to help women and their families, and statistics show that most victims of domestic violence are women, the Avon Foundation recognizes that women and men of any age, race or economic level can be victims, and strives to end all relationship abuse.

Avon Global Efforts to End Violence Against Women



At the 2010 International Women of Courage Awards at the U.S. Department of State, in Washington, D.C. March 2010, Chairperson Reese Witherspoon, First Lady Michelle Obama, U.S. Secretary of State Hillary Rodham Clinton, and Avon Chairwoman and CEO Andrea Jung.

sector partnerships with the goal of reducing violence against women. The event brought together special delegations from 15 countries, each consisting of representatives from diverse sectors – the judiciary, business, government, the NGO community and media. Together they will create and share innovative solutions to address the growing global challenge of violence against women, as part of a global action plan for 2010.

By making a significant investment in the capacity of 15 critical countries, this innovative partnership seeks to turn the tide of violence that has steadily increased over the past 15 years since the Beijing Fourth World Conference on Women, and create a safer world for communities across the world.

In March, 2009, at Avon's Washington DC Global Summit for Women and Justice in celebration of International Women's Day, the Avon Foundation announced important new initiatives including a \$1.5 million grant by the Avon Foundation to launch the **Avon Global Center for Women and Justice** at Cornell Law School. The **Avon Global Center** works with judges, legal professionals, governmental and non-governmental organizations to improve access to justice in an effort to reduce violence against women and girls. It will undertake initiatives including intensive legal clinical projects, providing legal research for judges, hosting conferences and events, and maintaining an extensive international online library, as well as a discussion forum for judges related to gender-based violence. The Avon Foundation also renewed its commitment to the United Nations Development Fund for Women (UNIFEM) in 2009 with a new grant for the UN Trust Fund to End Violence against Women.

This brought the total Avon global commitment to ending violence against women to over \$16 million through the end of 2009.

What is Domestic Violence?

In the U.S. and more than 80 countries, domestic violence is a crime. It is defined as a pattern of abusive tactics perpetrated by a spouse, partner or significant other, with the goal of establishing or maintaining power and control over the victim.

Forms of Domestic Violence

Domestic violence takes many forms and can happen occasionally or continuously. It often gets worse over time. Examples of different forms of domestic violence are outlined below.

Although both women and men can be victims, for ease of communication, the text throughout this guide uses "she" in many instances. This does not indicate that abuse is limited to women.

Psychological and Emotional Abuse

The victim is told that she is ugly, fat, hopeless, stupid, a bad parent, etc. Forms of this kind of abuse include stalking, intimidation or emotional blackmail with statements like... "If you really love me, you would..."

Social Abuse

The victim is not allowed to see the people she wants to see, or doesn't see family or friends because it isn't worth all the arguments.

Financial Abuse

The victim is not given enough money to feed and clothe herself or her children and/or receives no money for paying bills but is expected to make ends meet. The victim may also be forced to hand over her money or is prevented by her perpetrator from getting or keeping a job.

Physical Abuse

The victim is pushed, shoved, slapped, hit, punched or kicked, or objects are used as weapons against her. This is the most obvious form of domestic violence.

Sexual Abuse

The victim is pressured or forced to participate in sexual activities against her will.

Warning Signs

It can sometimes be difficult to tell if someone is in an abusive relationship. It can even be difficult for a victim to realize she is in an abusive relationship. Those who are abused, and those who abuse others, come in all personality types from all different backgrounds. Most people experiencing violence from someone close to them do not tell others about it. So how do you know it's happening?

Verbal Abuse

The abuser puts down the victim by calling her names, constantly criticizing her, provoking public or private humiliation, or making her feel "crazy."

Bruises and Injuries

The victim often has bruises and injuries that can't be explained, or offers weak excuses for them.

Violent Temper

The abuser has threatened to hurt the victim, her children, family members, friends or pets. The abuser blames the victim and other people for everything, and gets angry in a way that scares her or other people.

Controlling Behavior

The abuser checks up on the victim constantly by asking about her whereabouts, calling her at work or on her cell phone, checking her car mileage and listening to her phone calls. The abuser manages all the finances and monitors her spending.

Extreme Jealousy

The abuser is jealous or possessive, often accusing the victim of flirting or having affairs.

Isolation

The abuser tells her not to see certain friends or family members, keeps her away from school or work and makes her stay home when she wants to go out.

Emotional Changes

The victim seems to be on edge or fearful, or becomes quiet when the partner is around.

Behavior of the Children

The children of an abuse victim frequently get into trouble at school or are quiet and withdrawn and don't get along with other children. Conversely, children may also exhibit "perfectionist" attributes, and may excel in school so as not to draw attention to themselves or to their situation at home.

Why Does The Victim Stay?

The reasons for staying in an abusive relationship are complex. Often there are many aspects to the relationship that do not allow the victim to leave. Most often, she is afraid and fears for the safety of herself and her children. Some reasons victims don't leave include:

- She fears she will lose custody of her children, or she fears the abuser will cause emotional or physical harm to her children if she tries to leave.
- She may have limited financial resources or lack access to alternative support or skills to secure work.
- Religious beliefs may stand in the way; a religious community may not support a victim who leaves or seeks divorce.
- Friends and family may not support her leaving. The abuser may have convinced friends and family that their relationship is good and that any problems are the victim's fault or "in her head."
- She may have grown up with violence and may consider an abusive relationship "normal."
- She may not want the relationship to end – she still loves her spouse or partner and just wants the violence to stop. She may believe that love can change the abusive behavior.
- She may feel shame about being abused and reluctant to let anyone know that abuse is occurring in the relationship.
- She may not know who to turn to for help or where to get assistance.
- There may be language barriers that prevent her from seeking help or independence, or she may fear deportation.

"I think for so many years, domestic violence was something people didn't talk about. I'm just thrilled to see so many people raising awareness for it because it needs to stop. There doesn't need to be another young child who grows up having to kiss a picture of her momma at night instead of her actual mom."

– Tammy, 2009 Walk the Course Against Domestic Violence participant who lost her daughter to domestic violence

Planning for Safety

Studies show that domestic violence homicides increase up to 75% when a victim tries to leave or end an abusive relationship. Domestic violence homicides often happen after leaving an abuser, so leaving doesn't always mean safety. If someone you know is planning to leave an abusive relationship or to take any legal or financial steps to separate, safety planning in advance is critical! The victim should follow these steps as necessary:

- Call 911 or arrange a signal with a neighbor or a friend to call 911 if there is immediate danger.
- Call a local domestic violence program or the National Domestic Violence Hotline (1-800-799-SAFE) for help, advice and support. The victim should memorize this telephone number.
- Hide money, spare keys and a small bag of clothes and other necessities for herself and her children at work or at a friend's house.
- Put together important documents (or copies) including passports, birth certificates, social security cards, insurance papers, work permits or green cards, ownership (title) documents for car and/or house, checkbooks and bank account numbers for herself and her children. Hide these papers at work or at a friend's house. Know the abuser's social security number, birth date and place of birth.
- Document the abuse by taking photos of bruises and injuries. Tell the doctor and get copies of medical records. Save any threatening voicemails or e-mails and write each incident down in a journal. All of this will be extremely important if legal action is taken in the future.
- Obtain an order of protection from the court which prohibits the abuser from contacting, attacking, sexually assaulting or telephoning her, her children and other family members. Call a local domestic violence program or the National Domestic Violence Hotline for legal assistance; carry a copy of the order of protection at all times.
- Inform the victim's employer about the situation so a safety plan can be set up at work. Share a photo and description of the abuser with the appropriate people at work (human resources or security) and any pertinent legal documentation, such as an order of protection.

Children Affected by Domestic Violence

Children who witness domestic violence face additional risks and stress from exposure to traumatic events. Immediate risks include emotional and psychological trauma and neglect, and physical and sexual abuse. Long-term consequences may include social, behavioral and emotional problems, such as aggression, hostility, disobedience, fear, anxiety, low self-esteem, poor development of social skills and poor performance at school. These symptoms can lead to depression, suicidal thoughts and increased violent behavior.

Children who witness or are subject to abuse may carry some or all of these outcomes into adulthood, often repeating the cycle of violence and abuse, and ultimately affecting their well-being and happiness.

Resources for Children Affected by Domestic Violence

For Immediate Assistance

Childhelp

Childhelp® exists to meet the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children. This organization focuses its efforts on advocacy, prevention, treatment and community outreach. 1-800-4-A-CHILD (1-800-422-4453) www.childhelp.org

For Further Information

Child Witness to Violence Project

This organization is a counseling, advocacy and outreach project that focuses on the growing number of young children who are hidden victims of violence, or children who are bystanders to community and domestic violence. 1-617-414-4244 www.childwitnessstoviolence.org

"Verbal domestic violence is emotionally a silent killer. I know because I was a victim for way too many years. Awareness, education and counseling saved me from...me! I learned to never let anyone have so much control over my own self-worth or emotions. I consider myself fortunate because I had access to the services I needed."

- Connie, Domestic Violence Survivor

Dating Abuse and Violence Among Young Adults and Teens

Dating abuse is the emotional, psychological, verbal, sexual and physical abuse by a boyfriend or girlfriend. As with domestic violence, dating abuse is about power and control over the victim. It affects people of every race, religion, education, age, sexual orientation and socioeconomic level.

Warning Signs of Dating Abuse

The warning signs for young adults and teens are similar to those for domestic violence. The dynamics can be slightly different and more difficult as young adults and teens generally lack experience, want independence from their parents and may romanticize abusive behavior and confuse it with love.

Parents need to pay close attention to their children's relationships, and look for problematic patterns including the following, although not all of these patterns will always be present:

Constant Communication

The boyfriend constantly calls and text messages and must be called back immediately. He constantly needs to know where she is and what she is doing.

Isolation

The boyfriend gets upset when she spends time with friends and family, and makes her feel guilty she is not spending more time with him. Your child loses interest in activities she normally enjoys.

Jealousy Issues

The boyfriend becomes extremely jealous when she talks to someone else, or someone else pays attention to her.

Name Calling and Criticism

The boyfriend calls her names and criticizes the way she looks, her clothes or hairstyle.

Violent Behavior

The boyfriend has a quick temper. Your child sometimes feels afraid and unsafe around him.

Emotional Changes

The boyfriend treats her in a way that makes her feel sad, lonely and desperate. Your child might be upset all the time, lash out at others and cry a lot.

Making Excuses

Your child makes excuses and apologizes for the behavior of her boyfriend.

Physical Signs

You notice bruises, scratches and other injuries that cannot be explained, or the explanation does not make sense.

What Parents Can Do To Help

There are many reasons kids don't tell parents and friends about the abuse they are experiencing in their relationship; they may believe that being in the relationship is the most important thing in their lives and they are afraid that their parents might break up the relationship; they are convinced it is their fault and their parents will blame them or will be disappointed; they may be confused about the relationship or they may be ashamed.

Talking to your child about relationships can be difficult. Below are some tips that may help you connect.

Teach Self Respect

Teach your kids that no one has the right to tell them who to see, what to do or what to wear. Teach them that no one has the right to hit or control anyone else. Be a good role model for your child. Talk to your kids about your expectations of how to treat others and how to be treated in all relationships. Emphasize respect.

Listen

Allow your child to talk openly with you and give her your undivided attention. Listen quietly to the whole story. Be open to all questions your child asks. Don't criticize, judge or jump to conclusions when she asks questions about relationships. Encourage her to talk to you any time.

Talk

Look for opportunities, such as news stories and TV shows, to talk to your kids about healthy relationships. Talk about the warning signs of abuse, as well as the qualities of healthy relationships, such as compromise, communication, loyalty and respect. Keep in mind that short, unplanned talks may be more effective than a long discussion.

Resources for Victims of Dating Abuse

For Immediate Assistance

National Teen Dating Abuse Helpline

The opportunity to speak one-on-one with a trained Peer Advocate who can offer support and connect you to resources 24 hours a day, seven days a week. 1-866-331-9474 or 1-866-331-8453 (TTY)

An online chat line is also available after school hours and weekends at www.loveisrespect.org

For Further Information

Break the Cycle

This website engages, educates and empowers youth to build lives and communities free from domestic and dating violence. www.breakthecycle.org

Safety Tips for College Students*

Your years at college are an exciting time, but there are nonetheless risks involved when entering into an unfamiliar environment filled with new people. Studies show college aged women are at the highest risk for being sexually assaulted. Being aware of this risk is often the first step in staying safe.

- Trust your instincts. If you feel unsafe in any situation, go with your gut. If you see something suspicious, contact your resident assistant or campus police immediately.
- Avoid being alone or isolated with someone you don't know well. Let a trusted friend know where you are and whom you are with.
- Get to know your surrounding and learn a well-lit route back to your dorm or place of residence. If you are new to the campus, familiarize yourself with the campus map and know where the emergency phones are.
- Be careful when leaving online away messages. Leaving information about your whereabouts or activities reveals details of your location that are accessible to everyone. Avoid putting your dorm room, campus address, or phone number on your personal profile where everyone can see it.
- Form a buddy system when you go out. Arrive with your friends, check in with each other throughout the night, and leave together. Don't go off alone. Make a secret signal with your friends for when they should intervene if you're in an uncomfortable situation.
- Never loan your room key to anyone and always lock your door. Don't let strangers into your room.
- Practice safe drinking. Don't accept drinks from people you don't know or trust and never leave your drink unattended – if you've left your drink alone, just get a new one. Always watch your drink being prepared. At parties, don't drink from punch bowls or other large, common open containers.
- Watch out for your friends. If a friend seems out of it, is way too intoxicated for the amount of alcohol they've had, or is acting out of character, get him or her to a safety place immediately. If you suspect that you or a friend has been drugged, call 911, and be explicit with doctors about the symptoms.
- Don't let your guard down. The college campus environment can foster a false sense of security. Don't assume people you've just met will look out for your best interests; remember that they are essentially strangers.
- Try not to go out alone at night. Walk with roommates or someone you trust. If you'll be walking home alone, ask a trusted friend to accompany you. Avoid the ATM and jogging at night. Don't put music headphones in both ears so you can be more aware of your surroundings.

*Reprinted with permission from RAINN (*Rape, Abuse & Incest National Network*) www.rainn.org

Statistics

The United States Center for Disease Control and Prevention reports 1200 deaths and 2 million injuries to women from intimate partner violence each year in the U.S. On average, 3 women are murdered by their husbands or boyfriends each day in this country. 15.5 million U.S. children live in families in which partner violence occurred at least once in the past year, and 7 million children live in families in which severe partner violence occurred.

- **One in every four women** will experience domestic violence in her lifetime.¹
- **85% of domestic violence victims are women.**²
- Historically, females have most often victimized by **someone they knew.**³
- Females who are **20-24 years of age** are at the greatest risk of nonfatal intimate partner violence.⁴
- Most cases of domestic violence **are never reported** to the police.⁵
- Those who experience dating violence are more likely to participate in **binge drinking, fighting and/or smoking**, and are at an increased risk of suffering from mental illness.⁶
- Witnessing violence between one's parents or caretakers is the strongest risk factor of **transmitting violent behavior from one generation to the next.**⁷
- Technology has become a quick and easy way for stalkers to monitor and harass their victims. More than **one in four stalking victims reports that some form of cyberstalking was used against them**, such as email (83 percent of all cyberstalking victims) or instant messaging (35 percent).⁸

¹ Jraden, Patricia & Thoennes, Nancy. National Institute of Justice and the Centers of Disease Control and Prevention. "Extent, Nature and Consequences of Intimate Partner Violence: Findings from the National Violence Against Women Survey." (2000).

² Bureau of Justice Statistics Crime Data Brief, Intimate Partner Violence. 1993-2001. February 2003.

³ U.S. Department of Justice, Bureau of Justice Statistics, "Criminal Victimization, 2005." September 2006.

⁴ U.S. Department of Justice, Bureau of Justice Statistics, "Intimate Partner Violence in the United States," December 2006.

⁵ Frieze, I.H., Browne, A. (1989) Violence in Marriage. In L.E. Ohlin & M. H. Tonry (eds.) Family Violence. Chicago, IL: University of Chicago Press.

⁶ Seave, P., & Lockyer, B. (2004). Teen Dating Violence. Office of the Attorney General and the Crime and Violence Prevention Center, WestEd.

⁷ Break the Cycle (2006). *Startling Statistics*

⁸ Baum, Katrina, Catalano, Shannon, Rand, Michael and Rose, Kristina. 2009. Stalking Victimization in the United States. U.S. Department of Justice Bureau of Justice Statistics.

How to Get Involved

The Avon Foundation provides grants to organizations and institutions, predominantly 501(c)(3) or equivalent, in the areas outlined in our mission statement: breast cancer and domestic violence and periodically for emergency and disaster relief efforts.

Join us in our efforts to improve the lives of women and their families. You can make a difference.

Domestic Violence Fundraising Products

Call your local Avon Sales Representative (or find one at 800-FOR-AVON) or visit www.avonfoundation.org to buy a reasonably priced Avon Speak Out Against DV fund-raising product.

Events

For special events and opportunities to get involved, or details on our beneficiaries, visit www.avonfoundation.org.

How to Donate

- Visit www.avonfoundation.org to make a secure online donation. Checks payable to the Avon Foundation can be mailed to Avon Foundation Speak Out Against Domestic Violence
Attn: Donations
P.O. Box 1073
Rye, NY 10580-1073
- Individuals, organizations and institutions can designate the Avon Foundation Speak Out Against Domestic Violence program as the beneficiary of their own fund-raising campaigns or events. You can set up your own fund-raising Web site and invite friends and family to visit and make donations. Visit www.avonfoundation.org to set up your personalized Website or call 1-866-505-AVON for assistance. Planning a fundraiser can be fun and you can make a big difference.



Reese Witherspoon launched the Women's Empowerment Ring in March 2010 as a companion piece to the Women's Empowerment Bracelet and the Women's Empowerment Necklace, launched in 2008 and 2009 respectively, which together have raised \$8 million globally.

The Women's Empowerment Ring, accessibly priced at \$5.00, is sold through Avon Representatives in over 50 countries and on www.avon.com, with 100% of net profits (\$3.80 for each ring sold) going to support domestic violence programs.

Please clip and return.

**I want to make a difference
in the fight against domestic violence!**

Enclosed is my tax-deductible (TaxID# 13-6128447) gift of:

\$250 \$100 \$50 \$25 \$_____

My company will match this gift. Enclosed is my completed matching gift form.

Please make checks payable and mail to:

Avon Foundation Speak Out Against Domestic Violence
Attn: Donations
P.O. Box 1073
Rye, NY 10580-1073

Credit Card donations may also be made on www.avonfoundation.org.

Please charge my: VISA MasterCard Discover American Express

Credit Card Number _____

Credit Card Exp Date _____

Signature _____

Donor Information:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

This is in memory or in honor of:

Name _____

Please acknowledge this gift to:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Resources for Victims of Domestic Violence

These resources provide assistance to help victims find local domestic violence agencies that will help with shelter and safety, safety planning, legal advice, medical assistance, immigration advice and other direct victim services.

For Immediate Assistance

National Domestic Violence Hotline

1-800-799-SAFE (7233) or

1-800-787-3224 (TTY)

www.ndvh.org

National Sexual Assault Hotline

1-800-656-HOPE (4673)

www.ncdsv.org

The National Center for Victims of Crime

1-800-FYI-CALL (1-800-394-2255) or

1-800-211-7996 (TTY)

www.ncvc.org

For Further Information on Domestic Violence

National Coalition Against Domestic Violence

1-303-839-1852 or

1-303-839-1681 (TTY)

www.ncadv.org

National Network to End Domestic Violence

1-202-543-5566

www.nnedv.org

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